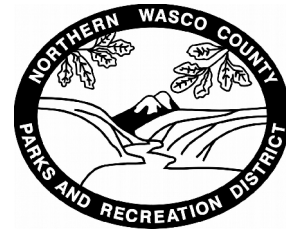


22nd Annual Columbia Gorge



Sponsored by



Saturday, September 11, 2010

Olympic Course - 9:00am (1k Swim, 50k Bike, 10k run)

Sprint Course - 9:30am (.5k Swim, 20k Bike, 5k Run)

LOCATION: Riverfront Park, The Dalles, Oregon. Exit 85 from I-84.

COURSE INFO: Swim is in the Columbia River. Water temperature 65-70 F. Wetsuits are permitted; SWIM CAPS REQUIRED (will be provided). Bike course has gentle hills. Helmets are required. Run course is level along the Columbia River.

ENTRY INFO: \$65 if postmarked or received by August 27th, 2010. After August 27th through September 3th, 2010, registration is \$70. September 4th to day of race registration is \$85. Fee includes T-shirt and lunch following the race. Additional lunches can be purchased at \$10 each. NO REFUNDS ISSUED AFTER AUGUST 30th, 2010. Prior refund requests subject to \$10 handling fee. T-shirts provided to the first 200 registered participants who enter prior to September 3rd. All others will be mailed (this includes day of race registrations). ATRI NorthWest Ranked Event - see www.trinw.com for ranking criteria. TRI NorthWest members can deduct \$5 from the entry fees listed above. Entries are limited to 350.



ENTRY FORM

EVENT - SELECT ONE: OLYMPIC TRI SPRINT TRI



Ranked Events

Official Use Only

BIB #

NAME: _____ DOB (mm/dd/yy) ____ / ____ / ____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL (non-business): _____

ChampionChip# _____ GENDER: M F AGE (on 9/11) _____ TRI NorthWest Member # _____

SHIRT: S M L XL XXL (For XXL, enclose \$2 extra)

Make Checks Payable and Mail to: NWCPRD, 414 Washington, Suite 1D, The Dalles, OR 97058

QUESTIONS? Call 541-296-9533

TOTAL ENCLOSED \$ _____

OFFICIAL WAIVER: I acknowledge that a Multi-Sport Event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN THIS EVENT. I certify that I am capable of completing all disciplines of the event, and that I am physically fit and that I have sufficiently trained. I agree to abide by the competitive rules. I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors and assigns, or anyone else who might claim or sue on my behalf and I hereby waive, release and discharge from any and all claims, losses or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, or theft which may arise out of or relate to my participation in this event. I agree to hold harmless the Aluminum Man Triathlon and any and all persons, sponsors, volunteers, participants or government agencies for any and all claims or liabilities that I have waived, released or discharge herein. I further agree to return the timing Chip that is been issued to me or to pay a \$30 replacement charge.

Signature of Participant (Signature of Parent or Guardian if under 18)

Date

WEBSITE - www.racecenter.com/aluminumman